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315	E	588	A9	1 BR+EB+FLEX	$281,900	$1,048
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517	SE	570	A19	1 BR+EB	$294,900	$1,097
609	E	511	A11	1 BR	$245,900	$914
620	S	495	A3	1 BR+FLEX	$242,900	$903
709	E	511	A11	1 BR	$247,900	$922
719	SE	764	B3	2 BR+EB	$391,900	$1,472
810	E	515	A11	1 BR	$249,900	$929
819	SE	764	B4	2 BR+EB	$393,900	$1,465
820	S	495	A3	1 BR+FLEX	$246,900	$918

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1003	W	569	A7	1 BR+FLEX	$298,900	$1,111
1008	E	519	A11	1 BR	$253,900	$944
1106	W	733	B11	2 BR	$419,900	$1,561
1601	W	473	A1a	1 BR+FLEX	$258,900	$963
1910	W	481	A1	1 BR+FLEX	$264,900	$985
2010	W	481	A1	1 BR+FLEX	$266,900	$992
2503	N	460	A2	1 BR	$270,900	$1,007
3004	NE	857	B4	2 BR+EB+FLEX	$495,900	$1,844
3103	SE	807	C3	2 BR+EB	$519,900	$1,933
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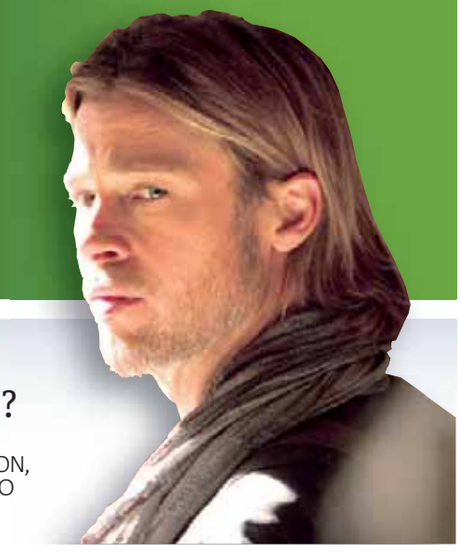


That's right, blame Canada

The EU slams Canadian negotiators for holding up trade talks PAGE 11

Low-ticket Tokyo

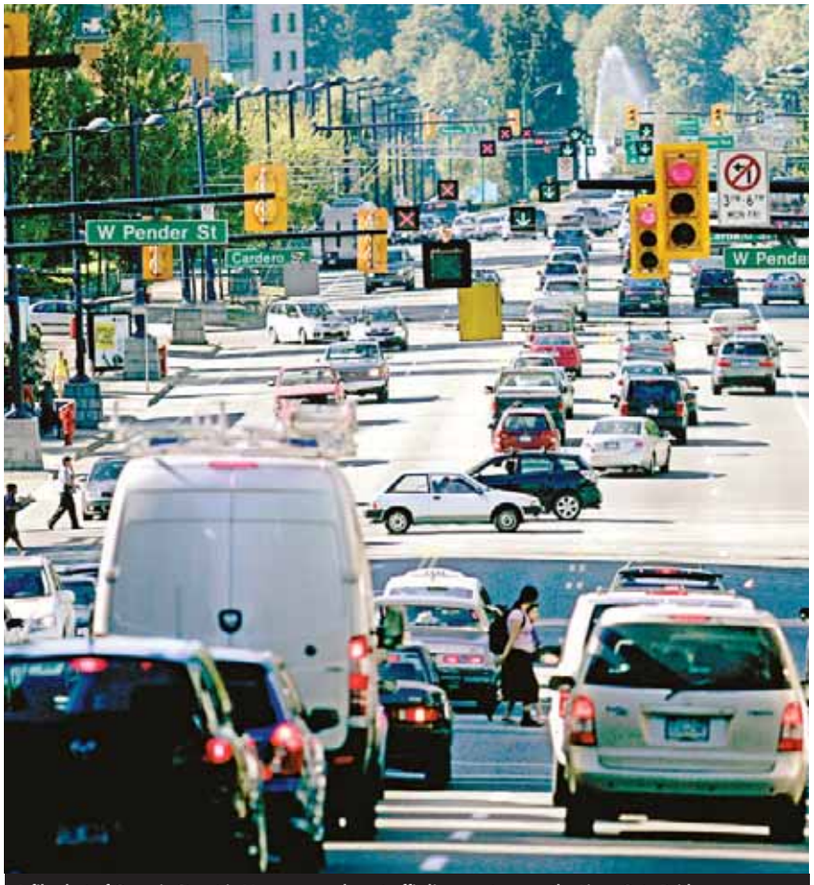
See a lot in the city for free and save your money for a nice dinner out PAGE 15

UBC braces for the worst

Mock massacre prepares first responders for the real deal PAGE 3

ARE YOU SICK OF ZOMBIES YET? NO?

THAT'S JUST AS WELL. WITH WORLD WAR Z ON THE HORIZON, THE UNDEAD WAVE SHOWS NO SIGNS OF SLOWING PAGE 13



A file shot of Georgia Street in Vancouver, where traffic lines up to cross the Lions Gate Bridge.
JEFF HODSON/METRO FILE

Road pricing proposed in five-year plan

Regional transit. Official TransLink pitch slated for mayors' council meeting

To nudge people out of cars and onto buses, bikes and sidewalks by 2040, TransLink figures it's going to have to hit them in the pocketbook.

It will pitch region-wide road pricing at a mayors' council meeting Wednesday as part of a new five-year strategic plan.

In order to reduce transit congestion at peak times, it will also pitch fare prices that vary based on when people travel, according to TransLink's draft strategic framework.

"Airlines do this all the time," said Bob Paddon, TransLink's executive vice-president of strategic planning and public affairs, adding it costs a lot more to fly at Christmastime and during the summer than in the off-season.

The ideas have been floated before, but the official pitch is sure to raise the ire of transit users and drivers alike.

The pricing strategies, which will go through public consultation, come as TransLink grapples with its 2008 goal to reduce car trips to 50 per cent of travel from 73 per cent by 2040.

Unless there is new money, "it doesn't look like we're on track to get there," Paddon said. TransLink will need about $23 billion over the next few decades to maintain and expand the system, he said.

Charging transit users and drivers based on time, distance travelled or location is TransLink's preferred strategy, one the regional mayors have also raised with the province as a funding option. The fees would ideally improve efficiency and travel across the entire system as it struggles to accommodate regional growth.

"It's been talked about for two decades in this region, but we've never taken action on it," Paddon said. "It has its pros and its cons, but it's hard to say that everybody would be against it."

He cited California as an example, where people are willing to pay a premium to travel solo in a high-occupancy vehicle lane.

Details are scant on what such a pricing system would look like, as that will depend on discussions, studies and consultation, Paddon said. TransLink would introduce road prices and major transit investments simultaneously to encourage people to choose transit.

EMILY JACKSON/METRO

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Pharmacy student Benton Attfield volunteers to be a fake victim in a massive police training exercise at UBC that closed four buildings to the public on Tuesday. KATE WEBB/METRO

UBC preps for potential mass shooting on campus

'God forbid.' Student volunteers were acting out one of the largest scenario-based exercises RCMP have ever conducted in the Lower Mainland

KATE WEBB
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As Benton Attfield lay dead on the floor of the Forest Sciences Building at UBC on Wednesday, midwifery student Jordan Guignard bled profusely from a chest wound, waiting to see if first responders would get to her in time.

The student volunteers were acting out one of the largest scenario-based exercises RCMP have ever conducted in the Lower Mainland, in which two shooters carried out a mock massacre in at least two buildings, complete with simulated gunfire.

"I sustained what they call a sucking chest wound, because the blood was continually spurting out," said Guignard afterward, who looked much healthier after ripping off her prosthetic lesion in a parking lot surrounded by armed officers, ambulances and yellow tape.

"They carried us off to do what they would normally do if we were hurt. It was fun."

Attfield, a pharmacy student, wasn't so lucky. He and another volunteer decided to pretend to be "related." As Attfield lay on the ground with a gruesome-looking hole in his cheek, police rushing past, the other volunteer screams his name.

"There were two guys and they were shooting everyone, and then the police came in and did their thing, but I was dead so I wasn't even really watching," Attfield said. "I was just lying on the ground, bracing myself."

RCMP spokesman Sgt. Peter Thiessen said the whole event, led by the Lower Mainland RCMP's emergency-response team, brought together 150 to 200 first responders and volunteers.

He minced no words about the chances of such a nightmare actually unfolding on a B.C. campus.

"I think what the public, and students specifically, have to understand is that we're not immune to these types of larger incidents that we've seen in other parts of the world and in North America," he said, noting plans and exercises like this are put in place precisely in case the worst should ever happen.

Guignard said she volunteered because she enjoys gory makeup and wanted to see how first responders work, but also because she remembers the 1989 massacre at École Polytechnique in Montreal, in which 14 women lost their lives.

Attfield, who got involved as a volunteer with St. John Ambulance, said he was impressed with the professionalism of all the agencies involved.

"I appreciate it, seeing all the things happening in the States," he said. "I would never think that it would happen here … but it's nice to know that they are prepared for it and practicing for something, should it happen — God forbid."

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MEC. Wilderness store takes on concrete jungle

A Vancouver success story is coming back in from the wild.

Mountain Equipment Co-op first opened up shop in Vancouver in 1971 and has been catering to hardcore adventurers' needs ever since, selling everything from trekking backpacks to ice picks for those braving the nature's toughest terrain.

The company now operates 16 stores across Canada and boasts 3.5 million members.

In the last few years, the co-operative's image has mellowed slightly with the introduction of running, bicycle, paddleboard, yoga and other recreational outdoor equipment sales.

On Tuesday, the company fully committed to that new direction: doing away with the "Mountain" part of the name and logo in favour of a simple "MEC" and a focus on outdoor urban activities as a core business strategy.

MEC marketing director Anne Donohoe said the change is reflective of its membership base.

"The rebranding reflects reality and reflects who we are now," Donohoe said. "Seven out of 10 of our members live in urban areas. They're interested in cycling, running and doing yoga."

All MEC stores will be given a facelift this summer and Donohoe said a range of new products, which have yet to be announced, would be hitting shelves this fall.

MEC's new look. CONTRIBUTED

The urban-focused rebranding has sparked some outrage in social media circles from longtime MEC members who feel the co-operative is turning its back on the great outdoors.

Donohoe admitted those concerns have been raised by some members in the past couple of years, but insists MEC isn't losing sight of its core values.

While approximately 70 per cent of the company's $300 million in sales last year came from new product streams, Donohoe said MEC also saw its biggest-ever sales in climbing, ski-touring and paddling gear.

MATT KIELTYKA/METRO

Parking wars. Pedestrian, car battle it out for spot

In this car vs. pedestrian fight for a parking spot, the car won.

The battle began when a pedestrian stood in a newly vacant stall to hold the parking spot for an approaching friend in the parking area north of Whole Foods and the Cactus Club at the Park Royal mall on May 30 around 3:30 p.m., according to West Vancouver police.

But another driver wasn't impressed with the spot-saving tactics. The driver encroached upon the spot and allegedly bumped the pedestrian with the vehicle, according to police.

The pedestrian surrendered the spot after suffering minor injuries. The driver parked in the stall.

Police have identified the suspect driver and vehicle, but are searching for bystanders who witnessed the incident as the investigation continues.

Direct witnesses are asked to call the West Vancouver Police Patrol Team "A" at 604-925-7300.

EMILY JACKSON/METRO

Devastated by loss

Burnaby man, 85, calls on thief to return his bike

An 85-year-old Burnaby senior hopes a thief returns a bicycle that has rolled 4,700 kilometres across Canada, and carries countless memories of his magnificent adventure.

Burnaby RCMP say the man, whose name has not been released, is devastated by the loss of his treasured Apollo 10 speed bike, stolen from the garage of his Burnaby home on June 8.

Investigators say the man rode the bike eastward to visit relatives in Ontario in the early 1980s.

THE CANADIAN PRESS

Participants race in the annual Rio Tinto Alcan Dragon Boat Festival in False Creek. RAFE ARNOTT/METRO FILE

Dragon boat fest hopes for home

25 years on. After a successful quarter-century the popular festival is still without a permanent facility for its equipment

MATT KIELTYKA
matt.kieltyka@metronews.ca

If you thought 25 years of successfully running one of the city's iconic festivals would be enough to earn you a permanent home, you'd be wrong.

The Canadian International Dragon Boat Festival Society is again pleading with the City of Vancouver for a year-round permanent boathouse with the help of NPA Coun. George Affleck.

Affleck plans to introduce a motion in council next week to put pressure on the city to secure a location for the society.

"They run such a successful festival and support the paddling community as a whole, so for 25 years not to have a permanent home is quite frustrating for them," said Affleck. "It's time for us to assist the dragon boat and paddling community (to) find that home."

The society wrote a letter to the city in 2009 warning that the lack of a permanent structure and development in False Creek is threatening the festival's future.

The society has an office in Olympic Village, but stores all of its equipment in temporary storage trailers.

The society's vulnerability was exposed June 3, when its trailers were broken into and thieves made off with four power generators and a set of power tools.

Festival spokesperson Anita Webster said the incident highlighted the need for a secure facility.

"For a small non-profit organization like us, that was a big blow," she said. "We need a secure facility. Every night of the week we see old people, young people and corporate groups dragon-boating in False Creek. A permanent boathouse would go a long way."

The timing of Affleck's motion is no coincidence.

The 25th Rio Tinto Alcan Dragon Boat Festival hits the waters of False Creek this weekend.

The festival draws about 100,000 spectators a year.

Lives more important than trees: Barnes

Police officers investigate after a cyclist was killed on Stanley Park Causeway. PASCAL THOMPSON/FOR METRO

If it comes down to saving trees or saving lives along the Stanley Park Causeway, one Vancouver park board commissioner is pushing for the people.

In light of the tragic death of a 61-year-old woman who was struck by a bus while biking to work along the causeway last month, Commissioner Constance Barnes will introduce a motion to improve safety along the road to the North Shore at the park board's Monday meeting.

"What can we do right now? A death cannot happen again," Barnes said.

If the motion passes, staff will look for potential interim solutions such as a barrier as well as long-term solutions such as widening the road. It's crucial to start a conversation with neighbouring municipalities and the provincial government, Barnes said.

While the Ministry of Transportation is ultimately responsible for the road, the park board has control over the trees should the road be widened.

Even if a wider road made commuters safer, the suggestion isn't without controversy. Angry protesters tied themselves to trees when the causeway was widened by about two metres in 2000.

"Our mandate is to protect and preserve, but we need to protect and preserve the people as well," Barnes said. "If we're in a position where we take out a tree or two, we could replant them somewhere else."

Her motion comes as city council pushes people to get out of their cars and onto two wheels. Barnes expects more people will commute across the causeway as cycling facilities improve in the city, though it's not clear how many people use the route.

The transportation ministry is in the midst of a review of the cyclist's death in May. In April, it agreed to install a safety fence for cyclists and pedestrians on the Ironworkers Memorial Bridge.

EMILY JACKSON/METRO

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Year in hiding: Assange's life in a single room

Stalemate. Britain has spent nearly $5M in policing costs, and it still won't grant WikiLeaks boss a safe passage out

KIERON MONKS
Metro World News in London

A general view of the Ecuadorian Embassy in Knightsbridge on Monday in London. Ecuadorean Foreign Minister Ricardo Patino has stated that WikiLeaks founder Julian Assange is prepared to continue to seek asylum in the Embassy for another five years if necessary, after talks with his U.K. counterpart William Hague failed to progress. JORDAN MANSFIELD/GETTY IMAGES

Inside the gold-framed double doors, the Ecuadorean Embassy of London is a modest apartment with white-painted walls and simple furniture. Not the most fitting residence for a world famous hero, or villain.

But since June 19, 2012, WikiLeaks boss Julian Assange has gone from pioneer to captive, forced into hiding to avoid extradition to Sweden where possible charges on sexual assault await him. The Australian will be arrested if he steps outside the building, so the jet-set lifestyle has been replaced by a single room and his laptop.

DVD box sets of The Twilight Zone and The West Wing keep him company, and an ultraviolet lamp replaces daylight. Assange lives nocturnally according to reports, working until dawn, supported by heavy doses of caffeine.

The 41-year-old has not been forgotten, judging from the crowds outside his window shouting "freedom fighter," and the fact that his generous hosts that have granted him asylum and allowed him to cramp their workplace. Further, celebrity guests from Lady Gaga to Oliver Stone have visited, with British filmmaker Ken Loach donating a treadmill on which the captive runs miles each day.

"He's very robust and seems in good health," friend, visitor and restaurateur Vaughan Smith told Metro, adding that Assange "gets along well with the staff." However, an embassy source confirmed that the experience has been "difficult."

Yet confinement has been put to good use according to acting WikiLeaks chief Kristin Hrafnsson. "The time he saves not travelling is devoted to work and he gets a lot done," Hrafnsson said. "We have had to move the staff around to cover this, but the material is still coming out and our work has not been badly affected."

Quoted

"He's very robust and seems in good health ... (Assange) gets along well with the staff."

Assange's friend, visitor and restaurateur Vaughan Smith

This previously-quiet corner of London has been impacted, however, with a 24-hour police presence that has cost more than £3 million (about $4.7 million) to date. "Most of us are bemused and don't know why he is being protected, and why we are spending so much," local resident Karen Morgan-Thomas told Metro, adding that constant protests have been an irritation.

Yet despite the situation attracting ridicule, it could last "another five years" according to Ecuador's foreign minister Ricardo Patiño, with no diplomatic solution in sight.

Plenty more miles on the treadmill await the lord of leaks.

Turkey. 'Standing man' inspires protesters to replicate silent defiance

After weeks of sometimes violent confrontation with police, protesters in Turkey have found what could be a more potent form of resistance: Standing still.

The trend was launched by performance artist Erdem Gunduz, who stood silently for hours in Istanbul's central Taksim Square on Monday night, in passive defiance of Prime Minister Recep Tayyip Erdogan's violent crackdown on environmental protesters.

Gunduz made no announcement before he paused Monday evening in the square and didn't move. He stood with his hands in his pockets, staring at an image of Turkey's founding father Mustafa Kemal Ataturk, whose admiration is rooted in his success in imposing secular values on a largely Muslim nation 90 years ago.

When police arrived an hour later, they searched his pockets and his backpack, then left.

Witnesses began calling him "duran adam" — "standing man." Some joined him in Taksim, while others began doing the same in other Turkish cities. In Ankara, the capital, a woman stood still at the spot where a protester had been killed.

Early Tuesday morning, police intervened and dispersed the crowd around Gunduz, detaining several protesters. It wasn't clear whether Gunduz was among those arrested, though he was free later Tuesday. Later Tuesday, others returned and began silent vigils.

THE ASSOCIATED PRESS

Effect

Erdem Gunduz's act, amplified by social media, had a remarkably swift effect on the protests in Turkey.

- Prime Minister Recep Tayyip Erdogan appeared to be seizing the initiative after the government capitalized on sporadic violence to crack down on protests.
- Gunduz's act of non-violence could be harder to deal with, as it could pressure the government to arrest or disperse people who are doing nothing more than standing still.

Erdem Gunduz, seen to the far left wearing a white shirt, and dozens of people stand silently on Taksim Square in Istanbul, early Tuesday. After weeks of sometimes violent confrontation with police, Turkish protesters are using a new form of resistance: Standing silently. THE ASSOCIATED PRESS

Angkor Wat complex

Ancient city found in Cambodia

Airborne laser technology has uncovered a network of roadways and canals, illustrating a bustling ancient city linking Cambodia's famed Angkor Wat temple complex.

The discovery was announced late Monday in a peer-reviewed paper released early by the journal Proceedings of the National Academy of Sciences. The laser scanning revealed a previously undocumented, formally planned urban landscape integrating the 1,200-year-old temples.

The Angkor temple complex, Cambodia's top tourist destination, was constructed in the 12th century during the mighty Khmer empire. Angkor Wat is a point of deep pride for Cambodians, appearing on the national flag.

Archaeologists had long suspected that the city of Mahendraparvata lay hidden beneath dense vegetation atop Phnom Kulen mountain in Siem Reap province. THE ASSOCIATED PRESS

Nazi war crimes

Hungary charges ex-Canadian citizen

Hungarian prosecutors on Tuesday charged a 98-year-old former police officer, who was stripped of his Canadian citizenship, with torturing Jews and assisting in their deportation to Nazi death camps.

Laszlo Csatary, who lived for years in Montreal, was chief of an internment camp for 12,000 Jews at a brick factory in Kosice — a Slovak city then part of Hungary — in May 1944, they said. He is accused of beating and whipping his victims, and of refusing to allow ventilation holes to be cut into the walls of a railcar crammed with 80 Jews being deported.

Csatary was initially convicted in absentia for war crimes in Slovakia in 1948 and sentenced to death. He arrived in Halifax the following year, became a Canadian citizen in 1955.

In 1997, Csatary quietly left Canada as authorities prepared to serve him notice of a deportation.

THE ASSOCIATED PRESS

Same-sex unions

Russia on brink of ban on adoptions

Russia is on its way to sharply limiting the adoption of children by people from countries that allow same-sex marriage.

Under a measure that passed its second reading in the lower house of parliament Tuesday, Russia will prohibit adoption by foreign couples whose homeland recognizes their same-sex union as marriage, as well as by single people or unmarried couples from those countries.

The lower house voted for the bill unanimously. After a third and final reading that is largely a formality, it must still be passed by the upper house, which is little more than a rubber-stamp body. Then it would go for signing to President Vladimir Putin, who has already expressed support for the ban.

The measure is the latest move by Russia to buck the Western trend toward greater acceptance of homosexuality.

THE ASSOCIATED PRESS

Suit that makes you look like a million dollar man

Owning a hand crafted, custom fitted suit is the dream of every man and woman. But finding a tailor and staying within budget can often be a challenge. So, you continue to buy ill-fitting suits off the rack – suits that are not customized to the nuances of your body type and size.

An end to an ill fitted off the rack suit

Now a hand cut, hand stitched suit is within your reach through BMV Bespoke, one of Hong Kong's highly respected custom tailors. BMV has been creating custom crafted suits for over 50 years, and have built their reputation on attention to detail, offering fine fabrics and affordability.

BMV Bespoke is passionate about creating the best possible fitted suits for their clients – before a thread is cut or a measurement is taken, your BMV tailor will carefully observe and note every detail of your unique body type to ensure your suit fits to perfection.

"As tailors, we love to see somebody coming to us wearing an off-the-rack, ill-fitting suit, which often costs a fortune and then walk out with one of our perfectly fitted, custom made suits. With BMV, our superior quality and fit often costs so much less, yet fits so much better." ~ BMV's Director and Lead-cutter.

When buying off the rack, the only options are what is in front of a person- the shoulders may be too wide or too narrow or the fit may just not be comfortable.

Men who buy off the rack almost always need to have their suits altered, but by visiting a BMV bespoke, they can have a suit made exactly to their specifications and body type.

"We cut from scratch and make full suit according to individual preference," explains William Bal of BMV Bespoke Tailors.

They visit major cities several times a year, taking custom orders, including tailor-made shirts starting at just $59 upto $250 & suit starting at $329 goes upto $3500 depending on different qualities.

BMV's expert tailors, visits major cities across Canada 7 - 8 times a year. To be custom fitted and select a fabric from the thousands offered by BMV, call the number for your city on the dates provided. Ask for Mr. William Bal or BMV Bespoke.

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Spies and allies

Canada may have helped spy on G20

Leaked documents suggest Canada helped the U.S. and Britain spy on the London G20 summit four years ago.

Britain's Guardian newspaper says spies monitored the computers and intercepted the phone calls of foreign politicians and officials at two G20 meetings in London in 2009.

The Guardian published PowerPoint slides describing the operation, including one featuring the emblem of the Communications Security Establishment, Canada's electronic eavesdropping agency.

The documents were leaked by former NSA contractor Edward Snowden. THE CANADIAN PRESS

Minnesota

Rodent remains robbed for reward?

A mother and son from southeastern Minnesota are accused of stealing nearly $5,000 in gopher feet and selling them for a bounty.

Tina Marie Garrison and Junior Lee Dillon were charged last month with receiving stolen property and theft. Garrison has pleaded not guilty. Her son has a court hearing next month.

The complaint alleges a gopher trapper contacted the sheriff's office, saying bags of frozen gopher feet had been stolen from his freezer.

The owner contacted local townships that offer rewards to keep gopher numbers down and found the pair had turned in thousands of dollars in feet. THE ASSOCIATED PRESS

Yukon

Calls in the clink to cost criminals cash

Prior to this month, inmates at the Whitehorse Correctional Centre could make free telephone calls.

However, the jail sometimes didn't know who they were calling or whether they were threatening witnesses.

That all changed at the beginning of June in a step that critics argue prohibits inmates from making calls to access legal aid.

The jail installed a system that requires inmates to pay at least $1.35 to make phone calls from their daily earnings, which range from $1.50 to $6.50.

All public calls will now be recorded, except for legal and privileged calls. TORSTAR NEWS SERVICE

Debate on Syria went better than expected, Harper says

Summit. But the final G8 statement remains non-committal on Assad, use of chemical weapons

The Group of Eight stopped short of calling for the ouster of Syrian President Bashar Assad in its final statement on Tuesday but did call for a swift end to the bloody civil war and urgent peace talks.

Despite a lack of consensus among the G8, Prime Minister Stephen Harper said the outcome was better than expected.

Harper also spoke about Russian President Vladimir Putin more positively than at any other point during his trip to Europe, when he accused Putin of siding with "thugs."

Tensions have escalated over the past week since the U.S. announced it would supply weapons to the Syrian opposition after it found proof the Assad regime attacked its foes with chemical weapons.

Russia — the only member of the G8 that supports Assad — has been highly critical of the move. The Russians also assert that the claims about chemical weapons are based on flimsy evidence.

The rest of the G8 is split over whether the U.S. should arm the rebels, but generally agrees that Assad must go.

The final G8 statement on Syria sought the middle ground. It condemned any use of chemical weapons without admitting any attacks actually happened. It also called for some sort of transitional government, without explicitly calling for Assad's ouster. THE CANADIAN PRESS

Shaky agreement

"We have ... a much better outcome than I thought we were going to have. We don't have, as I said, G7 plus one."

Prime Minister Stephen Harper, referring to Russia's dissenting opinion on Syria.

Stephen Harper and U.S. President Barack Obama chat Tuesday as they stroll at the Lough Erne resort during the G8 summit near Enniskillen in Northern Ireland. ADRIAN WYLD/THE CANADIAN PRESS

Common ground

Other topics find greater degree of consensus

While the G8 is split over Syria, there were agreements in other areas.

They pledged to stop making ransom payments to terrorist kidnappers and to take action to combat hidden company ownership.

Harper and Obama also chatted for 10-12 minutes Tuesday morning as they walked along a golf cart path at the lakeside Lough Erne resort.

The prime minister said they talked about Keystone XL pipeline and other areas of mutual interest. THE CANADIAN PRESS

Senate cancels pep talk meant to ease tension over scandal

Marjory LeBreton, government leader in the Senate, said she was shocked to see an invite to a motivational Senate event. SEAN KILPATRICK/THE CANADIAN PRESS

Two speakers hired by the Senate to help motivate senators and staff in the midst of a raging scandal over the abuse of taxpayers' money have had their event cancelled, pending further discussion.

Communications consultant Barry McLoughlin and motivational speaker Marc-Andre Morel had been slated to talk about "the enduring value of the Senate and help bring a little perspective to the current situation," according to an invitation that went out Tuesday morning.

Outrage

"It's a comedy of errors what's going on here in the lack of consultation. We're talking taxpayers' money and this wouldn't come cheap."

Liberal Sen. Jim Munson, a member of the internal economy committee

But after a story by The Canadian Press publicized the event, a number of prominent senators blew a gasket.

Marjory LeBreton, government leader in the Senate, said the idea was discussed in principle at a meeting of the internal economy committee's steering committee. But it was never approved by members of the committee.

"I was shocked when I saw that (email)," LeBreton said outside the Senate chamber.

Asked if she thinks hiring speakers is a waste of money, LeBreton responded: "At this point in time, I certainly do."

The talks had been scheduled for Wednesday afternoon — when the Senate is supposed to be sitting. THE CANADIAN PRESS

Cost unknown

It was not immediately clear how much the Senate contracted to pay for the speakers.

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Knox acquittal neglected evidence, high court says

Italy's high court on Tuesday harshly faulted the appeals court that acquitted American student Amanda Knox of murdering her roommate, saying its ruling was full of "deficiencies, contradictions and illogical" conclusions. It ordered a new appeals court to consider all the evidence to determine whether Knox helped kill the young woman.

In March, the Court of Cassation overturned Knox's acquittal in the 2007 murder of British roommate Meredith Kercher, 21, and ordered a new trial. On Tuesday, the high court issued its written reasoning for doing so.

The 74-page document picked apart the 2011 appeals-court decision that freed Knox, faulting the judges for ignoring some evidence, considering other evidence insufficiently and undervaluing the fact that Knox had initially accused a man of committing the crime who had nothing to do with it.

At one point, the high court said the appeals sentence "openly collides with objective facts of the case."

Among the undervalued pieces of evidence was Knox's own statement to police, written in English after her police interrogation, in which she wrote that while she couldn't remember clearly, she had an image of herself in her apartment kitchen with her hands covering her ears to drown out Kercher's screams.

Kercher's body was found in November 2007 in her bedroom of the house she shared with Knox in Perugia. Her throat had been slashed.

Knox, now 25, and her Italian ex-boyfriend, Raffaele Sollecito, 29, were initially convicted of the crime and sentenced to long prison terms. Both denied any involvement, saying they weren't in the apartment at the time.

A young man from Ivory Coast, Rudy Guede, was convicted of the slaying in a separate proceeding and is serving a 16-year sentence.

THE ASSOCIATED PRESS

Amanda Knox THE ASSOCIATED PRESS FILE

Uncertainty ahead

- Italian law cannot compel Knox to return for the new trial and her lawyers have said she has no plans to do so. It is unclear what would happen to Knox if a possible conviction from the new trial is upheld on final appeal.
- No date for the new trial has been set.

Another Montreal mayor bids adieu amid scandal

Resignation. Vote at city council next week expected to decide replacement until November election

Montreal Mayor Michael Applebaum announces his resignation at a news conference on Tuesday. PAUL CHIASSON/THE CANADIAN PRESS

Montreal has had its second scandal-provoked mayoral resignation in less than a year, with an arrest and criminal charges leading to the departure on Tuesday of its interim city-hall boss.

Replacement mayor Michael Applebaum stepped down a day after he was slapped with 14 criminal charges.

He made the announcement in a two-minute statement at city hall. He did not take questions. Applebaum said he's innocent of the charges against him and will work to prove his innocence.

"I will do everything I can to prove the accusations against me are unfounded," Applebaum said.

He said he hoped someday to regain Montrealers' trust. He conceded that, in the meantime, it would have been implausible to try to continue as mayor.

In making that direct appeal to residents, Applebaum committed a quintessentially Montreal linguistic flub, mixing English and French terms with unintended consequences.

"I would like to tell Montrealers that I love them," he began. "I understand their frustration, their deception and their cynicism with the political climate of the last few years."

The word "deception" has an entirely different meaning in French. In the local franglais patois, however, even native English-speakers such as Applebaum will sometimes use the term incorrectly when they actually mean to say "disappointment."

The mistake was not without irony.

Applebaum spent much of his statement combating the notion that he had deceived Montrealers. Seven months after he took office on a promise to fight corruption, Applebaum insisted he had never participated in illegal schemes and said he had achieved successes in cleaning up city hall.

The charges against him stemmed from alleged acts that occurred from 2006 to 2011, before he became mayor. While police offered few details, they said the charges related to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

THE CANADIAN PRESS

Quoted

"I hope you understand that I will put my energy into my defence and my family. This is why I am resigning as mayor of Montreal. It is the responsible thing to do."

Michael Applebaum

Photo fallout

Lawson's husband admits assault

Prominent British art collector Charles Saatchi has admitted assault and accepted a police caution after published photos showed him grasping the throat of his wife, celebrity chef Nigella Lawson.

In Tuesday's editions, the London Evening Standard newspaper quoted him as saying that he had approached police to discuss the June 9 incident after seeking legal advice.

"Although Nigella made no complaint I volunteered to go to Charing Cross (police) station and take a police caution after a discussion with my lawyer because I thought it was better than the alternative of this hanging over all of us for months," he told the newspaper.

Under British law, a caution is a formal warning given to someone who admits the offence. It carries no penalty.

THE ASSOCIATED PRESS

A photo published in U.K. tabloids showing Nigella Lawson having her throat grabbed by her husband.

Terrorism

U.S. surveillance halted NYSE attack: Officials

The U.S. foiled a plot to bomb the New York Stock Exchange because of the sweeping surveillance programs at the heart of a debate over national security and personal privacy, officials said Tuesday at a rare open hearing on intelligence led by lawmakers sympathetic to the spying.

The House Intelligence Committee hearing provided a venue for officials to defend the once-secret programs. THE ASSOCIATED PRESS

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EU slams Canada for holding up free-trade talks

Northern Ireland.
Pressure mounts as U.S. starts negotiations for own deal with EU

Canada has publicly been called on the carpet by the European Union for holding up free-trade talks. EU trade spokesman John Clancy took the unusual step Tuesday of criticizing Canada as the G8 summit in Northern Ireland came to a close.

"We are very close to an agreement," Clancy said in a statement. "The EU has shown pragmatism and flexibility and is ready to take the last steps to achieve a political breakthrough in the negotiations.

"We have been awaiting a similar message from Canada since the trade and agriculture ministers met in Ottawa in early February."

Cranking up the pressure on Canadian negotiators is Monday's announcement that the European Union and the United States are starting their own free-trade talks.

Some have suggested the European negotiators will now turn their attention to the Americans and give short shrift to Canada. THE CANADIAN PRESS

What's the beef?

- Among the issues believed to be stalling the talks is duty-free access to European markets for Canadian beef.
- Ireland and France, two major beef producers, are believed to have concerns about the amount of Canadian beef allowed into Europe. Canada is said to have balked at the export limit proposed by the Europeans.

Should she be allowed into the EU duty-free? THE CANADIAN PRESS

Market Minute

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TSX
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OIL
$98.44 US (+67¢)

GOLD
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Natural gas: $3.90 US (+2¢)
Dow Jones: 15,318.23 (+138.38)

Canadian victory

U.S. court upholds vibrator patent

The U.S. International Trade Commission has upheld a Canadian company's patent for its couples vibrator, banning the import, sale and marketing of all infringing products in the U.S.

Standard Innovation launched the We-Vibe, a vibrator that couples wear during sex, in 2008. In 2011, Lelo Inc. unveiled a similar product called the Tiani, prompting Standard to go to court. THE CANADIAN PRESS

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HERE'S A TIP: DON'T EXPECT ONE?

JUST SAYIN'

Paul Sullivan
metronews.ca

OK, I have a cat here. And I'm going to place it gently among the pigeons, then back away:

Should tipping be banned?

A popular high-end New York restaurant called Sushi Yasuda thinks so, and has done exactly that. Servers are forced to live on their salaries. They also get, like, benefits.

The restaurant's owner says the tipping ban ends the bile-inducing requirement to calculate the tip at the end of the meal, recapturing the serenity of fine Japanese dining.

Just so, grasshopper.

This isn't a trend exactly, but there's also a bit of an outbreak in Chicago where in some restaurants, you pay for the meal before you even begin. Careful not to choke on the appetizer.

Right now, there are overworked and underpaid servers everywhere going WTF? This subject is not even open to negotiation.

Then, just as likely, there are customers who are wondering when the practice of tipping became an obligation under the Geneva Convention, or wherever they issue those must-be-obeyed decrees.

There's even less room to weasel out of tipping these days. Now, the server hovers (anxious, vigilant) over your shoulder as you pay the bill on that portable Wi-Fi Visa machine with its handy tip percentage buttons. I don't know about you, but unless the waiter flambés my dinner companion, I dutifully press the 20 per cent button.

And if he/she does toast my guest, I only leave 15 per cent. You have to take a stand somewhere.

Back in the old days, if you were abandoned altogether somewhere between courses, you could slide a penny under your dish and make your getaway, smug in the knowledge that you failed to put some kid through drama school. But there's no penny button on that infernal machine.

At the New York sushi restaurant, people were so brainwashed that they tried to write in a tip on the bill, even though there was no place to accommodate one. They just didn't get it, until the owners started red-circling the explanation about the tipping ban. Then they got it, and unless they were married to the server, they liked it.

I don't know about a ban, but it might not be a bad idea to restore the idea of the tip as an expression of appreciation for good service. Don't ban tipping; ban the obligation to tip.

Of course, now I've done it. I'll have to eat at home until the heat dies down. Maybe, just to be safe, I'll hire a food taster. Problem is, I'll have to leave a generous tip. Nobody wants an unhappy food taster.

ZOOM

Hi sea lion, nice to 'meat' you

PABLO CERSOSIMO/SOLENT

Pup's close call with killer whale

This fortunate sea lion escaped the jaws of death by a few centimetres after a pod of killer whales (orca) risked beaching themselves while in pursuit of their prey.

The South American sea lion pup and others encountered the predatory mammals as they cruised along the coast of Valdes Peninsula in Argentina. **METRO**

Q and A

Near-death life lesson

PABLO CERSOSIMO
Professional photographer and safari guide, 44, from Buenos Aires, Argentina

It looks like this sea lion is doomed...

This sea lion survived but others were not so fortunate. But in truth, pups need a couple of these bad experiences to learn that orcas are predators and that they will be part of their menu. When pups are one month old, they start venturing out into the water and at that stage they don't know what an orca is. They don't associate these whales with danger and often stay in the water when the predators show up. It's a life lesson for the pup.

In these hunter-versus-the-hunted scenarios, do you sympathize with one critter over another?

No, I sympathize with both. The orca is one of my favourite animals — it's smart, intelligent and with many respects similar to humans. And I admire the sea lions for their ability to survive against this magnificent predator.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

The value of a good night's sleep has been drilled in our heads since bedtime was at sunset — but knowing to go to bed early is different than falling asleep early. For those who need more than sheep counting, gentle ocean sounds or three fingers of Scotch to help catch some zzzz's, technology is on your side. Pull down the blackout blinds, fluff the pillows and get in bed ... with your phone.

Sleep Time

Pictured at right, this app tracks the time you go to bed, length of deep and light sleep, and eases you into the day with a soothing crescendo alarm that goes off when you're in the lightest phase of sleep. iOS and Android.

Sleep Cycle

Similar to Sleep Time, but for the $0.99 charge you get a "personal notes" section to track your pre-sleep habits (did a 10-kilometre run before bed, ate spicy food for dinner, had a few drinks, etc., etc.). Plus, the app runs in the background so you can cruise Facebook in bed without remembering to reset the alarm. iOS only.

SleepBot

Not only does this free app track your sleep, it also records the noises you make in your sleep (and therefore proving once and for all that you don't snore). Android only.

Letters

RE: Don't Blame Cyclists For Casualties, published June 17

My problem is the design of the bike lanes and bikers riding on the sidewalk. My entire driving life I have been trained not to pass on the right. Yet, this is where the bike lanes and sidewalks are. Pedestrians move slowly and as one prepares to turn right they are in your field of view if you might hit them. Because bicycles move at a higher speed they are often in the blind spot or out of the field of vision when pedestrians cross the street.

Now this might reflect a weakness in my driving but I am sure it is one a lot of vehicle drivers have. Bike lanes/routes should be designed to cross vehicular traffic perpendicularly and never in a close to parallel fashion. **Andrew Forrest, Vancouver**

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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Brainless entertainment has zombies taking over the world

World War Z.
Filmmakers continue to capitalize by making corpses cool for the next generation of little guys and ghouls, who, in turn, eat it up

IN FOCUS
Richard Crouse
scene@metronews.ca

Brad Pitt stars in World War Z but has no idea what makes zombies so appealing to a new movie-going generation. HANDOUT

Zombies are the most recent and most unlikely pop culture heroes.

On TV, the recent Walking Dead finale drew almost 13 million viewers.

At the movies the zom com Warm Bodies made still hearts beat again and outdoor recreation retailer REI even bandwagon jumped with their 13 Essential Tools for Surviving a Zombie Outbreak campaign.

This weekend Brad Pitt battles the undead in World War Z, an action thriller set against the backdrop of a worldwide zombie apocalypse.

The movie has the highest ratio of zombies to humans of any film this year, but don't ask its star why these cannibalistic cadavers are so trendy.

"As for why zombies are so popular," said Pitt, "I really have no idea."

Pitt may not be able to out his finger on it, but academics suggest a variety of reasons. Audiences are interested in zombies in times of crisis, when we feel disempowered, says one, while another writer proposes that they offer something more primal — that the zombies represent an example of control over death.

Whatever the reason, filmmakers have been capitalizing on these cool corpses for years. Some, like Night of the Living Dead and Shaun of the Dead are classics, others, like the stranger-than-usual Zombie Honeymoon, aren't.

The grand-ghoul of all weird zombie movies is 1968's Astro Zombies. Starring horror legend John Carradine and cult star Tura Satana, the story of superhuman monsters on a killing spree has inspired two sequels and a song of the same name by the Misfits.

The mockumentary American Zombie's tag line is, "We're Here. We're Dead. Get Used to It!"

Documenting the everyday "lives" of a community of zombies in California, it's a fake undead propaganda film that echoes the struggles of many minorities who have had to fight for human rights.

Fido, a Canadian film starring Billy Connolly and Carrie-Anne Moss, is set in a world where humans won the zombie war and, as victors, have made the undead their domestic servants. Funny rather than scary, this one is worth a look to see the usually motor mouthed Connolly in a fun, shambling and wordless performance.

Strangest of all the non-mainstream zombie movies? Poultrygeist: Night of the Chicken Dead, a movie musical about a fast food chain called American Chicken Bunker whose meals turn diners into chicken zombies. Gross, gory and gratuitous, badmovienight.com called it "one of the sickest, most depraved movies I've ever seen."

Zombie confusion

"As for why zombies are so popular, I really have no idea."

Brad Pitt
Star of World War Z.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Angelina Jolie comes under fire for health decisions

While Angelina Jolie has received near-universal praise for her decision to undergo a voluntary double mastectomy to prevent developing breast cancer, at least one person isn't impressed.

Cancer survivor Melissa Etheridge says that she has the same faulty gene Jolie has that makes cancer more likely, and she doesn't recommend the course the Oscar-winner took.

"I wouldn't call it a brave choice," she tells the Washington Blade.

"I think actually it's the most fearful choice you can make when confronting anything with cancer."

Britney Spears. ALL PHOTOS GETTY IMAGES

If you want to be cool like mommy, don't kiss mommy in public

Britney Spears admits she's starting to feel the sting of her kids getting older, particularly when it comes to her public displays of affection.

"My sons are six and seven, so they're just now getting to the stage of where you can't kiss Mommy in front of your friends and all that kind of stuff," she tells Ryan Seacrest during a call into his radio show.

"They're getting what's cool and what's not."

Twitter

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We all hate swimsuit shopping, right?

@AmandaBynes
I'm in between nose surgeries! My eyes are black and blue because my nose is broken! I can't wait for my nose to be done! I'll share pics!

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Finding free things in one of the world's most expensive cities may sound impossible. Surprisingly, Tokyo offers a wide range of museums, parks, historical sites and cultural activities for free — good news for budget travellers who want to see a lot and still enjoy expensive sushi.

THE ASSOCIATED PRESS

5 Free things to do in Tokyo

Old and new

Meiji Jingu Shrine is a piece of old Tokyo not to be missed. Boasting the nation's largest wooden "torii" gate, the shrine was built more than 90 years ago to commemorate Emperor Meiji, who reigned as Japan opened to the rest of the world after centuries of isolation. A short walk from the serenity takes you to Harajuku and Omotesando, a Mecca of latest fashion and culture, the district of "cool" new Japan. Walk down the Takeshita street packed with young people looking for the latest "kawaii" (cute) trends.

Japan's legislative home

Parliament, or the National Diet, as it is officially known, stands on a site once occupied by feudal lords and is now home to Japan's legislative headquarters. Completed in 1936, the building with a landmark pyramid-shaped dome houses the two chambers — the more powerful House of Representatives (Lower House) and the House of Councilors (Upper House) — under the Japanese parliamentary system. The Upper House provides a free hour-long tour when the house is not in session.

Tsukiji fish market

Sprawling Tsukiji fish market — the world's biggest — is where those beautiful slices of tuna on your sushi come from. Want to witness the famous tuna auctions? Then get up early and be there by 5 a.m. to queue up for the first 120 viewing slots. If that's too early, you can still spend hours roaming a maze of narrow alley ways, but watch out for the motorized carts whizzing around with ice troughs filled with fish.

Walk to Odaiba Beach

Need to burn calories after eating all the delicious local food, but you're too busy sightseeing? Here is a perfect plan — a scenic walk over the Rainbow Bridge to the reclaimed island of Odaiba out in the Tokyo Bay for a picnic, sunbathing on a man-made beach, or even a jog. The walk is just more than 1.7 kilometres including the 918-metre-long single-span suspension bridge and takes less than an hour one way.

Experience a (fake) quake

Japan is one of the most earthquake-prone countries in the world. This public facility, the Ikebukuro Disaster Prevention Center, run by the Tokyo Fire Department, offers a uniquely Japanese experience that can be educational, a bit scary, but also fun. Visitors can experience a temblor — as violent as the March 2011 disaster that struck northern Japan — in a quake simulator built in a living room set.

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ROBIN O'NEILL PHOTO

SEE THE SIGHTS AT WHISTLER

Fresh mountain air greets you as you awaken to the sound of birds chirping throughout the Whistler Valley. The warm air feels good against your skin as you sip your delicious morning cappuccino while enjoying the majestic peaks of Whistler Blackcomb, your destination for the day.

Where else in North America can you access more than 50 kilometres of incredible alpine hikes and running routes above 6,000 feet. New this summer, Whistler Blackcomb's "Alpine Wonder Routes" offer easy and accessible hikes to help guests discover Whistler Blackcomb's awesome terrain, crystal clear lakes and breathtaking views. Guests can choose from easy to hard hiking options that navigate through a series of trails with waypoints and stops highlighting significant wonder-filled places.

The "Alpine Vista Route" starts at the base of Whistler Mountain where the Whistler Village Gondola will whisk you up to the Roundhouse at 6,000 feet in 25 minutes. Along the way you will enjoy watching mountain bike enthusiasts fly through bike park trails, but keep your eyes peeled as majestic black bears and deer are often spotted getting their morning breakfast.

Once up top you may step onto the record-breaking Peak 2 Peak Gondola for an incredible journey above the treetops and across Fitzsimmons Valley to Blackcomb Mountain. This 14-minute ride offers the best views of Rainbow Mountain in one direction and the Spearhead Range in the other and, if you are lucky, you will be in one of two glass-bottom gondolas for that extra rush.

From here guests board two open-air chairlifts for the relaxing trip down to Blackcomb Mountain's Upper Village. Again, keep a watch out for black bears and other creatures stirring in the sunshine. You can also book a Bear Viewing and Ecology Tour with resident expert Michael Allen and see how Whistler Blackcomb designs recreational experiences to ensure a sustainable future for all.

For more information, please see whistlerblackcomb.com.

FAMILY FUN ZONE

Once down from the "Alpine Vista Route" join in the fun with the Nintendo — Family Fun Zone. This is where kids and adults alike can experience wild thrills like the Westcoaster Luge Ride, Hot Wheelz Go Carts or Spin Cycle Human Gyroscope. Pony rides, glitter tattoos and the Kiss the Sky Bungee Trampolines are favourites children can enjoy.

Raw fish, it isn't just for sushi

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

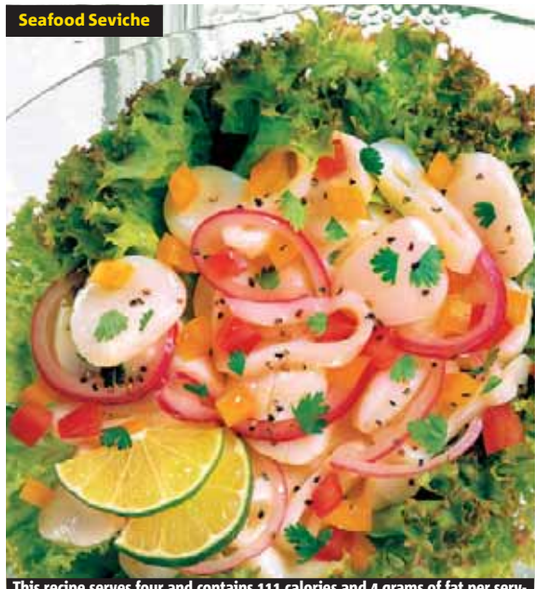
Seviche is a seafood dish popular in the coastal regions of the Americas, especially Central and South America.

The dish is typically made from fresh raw fish marinated in citrus juice. Buy the freshest fish possible from a reputable fish store. You can also use white fish such as snapper, tilapia and halibut.

Ingredients

- 1/4 lb scallops or shrimp, sliced
- 1/4 lb squid, sliced
- 1/2 cup finely chopped red onion
- 1/2 cup diced sweet red or yellow pepper
- 1/2 cup diced tomato
- 1 tsp crushed garlic
- 1/4 cup fresh lime or lemon juice
- 2 tbsp chopped fresh cilantro or parsley
- 1 tbsp olive oil
- Lettuce leaves

Seafood Seviche



This recipe serves four and contains 111 calories and 4 grams of fat per serving. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE)

1. In bowl, place scallops, squid, onion, red pepper, tomato, garlic, lime juice, cilantro and oil; stir to combine.

2. Cover and refrigerate for 2 hours to marinate, stirring occasionally. Serve over lettuce-lined plates.

ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN

Drink of the Week

Skinny Swizzle

This low-cal cocktail is diet-friendly but doesn't skimp on flavour with a crisp combination of lime syrup, Angostura bitters and tonic water.

- 1 oz Belvedere Vodka
- 1 oz lime syrup
- Angostura bitters
- Tonic water
- Garnish: lemon, lime and cucumber wheels

Combine vodka with lime syrup, bitters and tonic water. Garnish with lemon, lime and cucumber wheels.

COURTESY OF BELVEDERE

Give 'em your best by getting some rest

You don't always lose when you snooze.
Five tips for getting enough sleep as a new graduate

MEGHAN GREAVES
TalentEgg.ca

There are many changes that come along with transitioning from the student world to the work world. One of the biggest changes that new grads face is in their schedule.

Getting enough sleep is important for everyone, but especially important for new grads as the change in routine tends to be a big one. Gone are the days where you could grab a couple extra minutes (or hours in some cases…) of sleep as you needed.

The side effects of sleep deprivation are scary, so we have the tips you need to make getting enough sleep simple.

Create a routine

The first step in ensuring that you get enough sleep is setting a routine — and sticking to it. To do this, determine what time you have to wake up and count seven to nine hours back from there — that's your bedtime. For example, if you need to wake up at 6:30 am, you'll need to go to bed between 9:30 p.m. and 11:30 p.m. depending on how much rest your body needs.

Turn off electronics

Set a curfew for your electronics. Researchers have found that there might be a correlation between using electronics before bed and sleep quality. In order to fall asleep, our body needs time to wind down and it can't do that right after looking at the bright lights of a television, computer or smartphone. To make sure that your sleep isn't being hampered by your electronics, try to stay away from using them an hour or two before you hit the pillow.

Say no

You might not be on the same schedule as your friends and family, but you don't need to be sleep deprived because of it. If your friends' plans are tiring and affecting your work ethic, don't be afraid to pass every once in a while. This doesn't mean that you should become a hermit, but be aware of when you need to put your sleep first and socializing second.

Wind down

Sadly, our minds don't shut off the second we put our head on the pillow.

- Our bodies take time to relax enough to fall asleep. Winding down before you go to bed can be anything that relaxes you; reading a book, organizing your things for the next day, going for a walk, stretching, talking with your roommate.

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MEGHAN GREAVES
TalentEgg.ca

When heading off into the "real-world" as a new grad, you may find it difficult to get everything you want done.

One task that often gets pushed aside is hitting the gym on a regular basis. For most, working out directly before or after work isn't appealing. Who truly wants to wake up an hour early or get home an hour late? Not me.

So, if you're having trouble fitting your work-outs before and after work, when can you? At lunch! For most full-time employees, you'll have an hour-long lunch, which gives you just enough time to get a quick work-out in.

Not sure if it's doable? Read on to learn why it completely is and how to do it!

You don't need a gym: Make use of what you have at hand! Go for a run, walk, bike or even bring a yoga mat to a nearby park. ISTOCK

Get everything in order

"I'd like a half hour workout with a side of shower time and spinach salad please!" — sounds like a little much right? It is possible though with a bit of organization. To do so, pack your work clothes, gym gear and home-made lunch with you all in one bag so it's ready to go. This will make it easy for you to go from one thing to the next smoothly.

Intensity, intensity, intensity

Sometimes less is more! It's completely possible to have a short, intense workout if you plan your workouts before hand. For example; if you're going to the gym three times a week on your lunch break, plan three different workouts for you to rotate through each day you go (on your phone, cue cards, etc). This will allow you to make the most of your gym time by having a game plan all while knowing that you're getting everything in that you need to.

Stay energized

When working out on your lunch break, it's crucial to hydrate and get the proper nutrients. Firstly, working out on an empty stomach isn't healthy. Secondly, you don't want work to be affected. Have a small snack (like yogurt, veggies and hummus, apple slices, etc.) before your workout and eat your lunch after your workout to keep you on your A-game.

Come in a little earlier, leave a little later

When first getting into your lunchtime workout routine, you might take a few extra minutes longer than expected. To ensure that your work isn't being affected, come in a bit early and don't hesitate to stay a bite later than normal. Once you start to get your routine down pat, you should be able to balance everything well.

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NHL playoffs

Blackhawks have high hopes for Hossa's return

Chicago Blackhawks head coach Joel Quenneville said Tuesday that he hopes injured star Marian Hossa (upper body) will be back in the lineup for Wednesday night's Game 4 of the Stanley Cup final. Chicago trails the Boston Bruins 2-1 in the series. THE ASSOCIATED PRESS

NHL

Detroit delivers 3 years to Datsyuk

The Detroit Red Wings accomplished their No. 1 goal of the off-season Tuesday by agreeing to a $22.5 million, three-year deal with Pavel Datsyuk. THE ASSOCIATED PRESS

Great things ahead?

"I think it's only a matter of time before Quebec City is going to get a franchise."

Wayne Gretzky, speaking about the prospect of the NHL returning to Quebec City at the Joe Carter Classic golf tournament on Tuesday in Maple, Ont.

Tennis

Venus pulls out of Wimbledon

After 16 consecutive years of always showing up at Wimbledon, winning five titles along the way, Venus Williams pulled out of the Grand Slam tournament on Tuesday, citing a back injury. THE ASSOCIATED PRESS

Knighton vows to keep fighting for Caps

MLS. With offence bailing out 'keeper, rumours swirl about security of starter's spot

The Whitecaps' Brad Knighton allows a goal to the New England Revolution on Saturday. DARRYL DYCK/THE CANADIAN PRESS

Brad Knighton will attempt to improve his job security on Wednesday night.

The Vancouver goalkeeper is looking to cut down his goals against as the Whitecaps host Chivas USA at BC Place. His role as starter — and future with the team — have come into question amid reports that the Whitecaps are looking for a new 'keeper.

The Whitecaps have scored seven goals in their last two games, but Knighton has allowed six in the same span as Vancouver beat New England and lost in Seattle.

"We need to continue the goals streak that we're on," said Knighton, who has a 2.25 goals-against average.

"Defensively, we just need to shore things up at the back and not have to score four goals to win a game, and that comes down to me making a save and keeping us in a game."

The Whitecaps (5-5-4) are playing with a makeshift back line as a result of injuries to central defenders Andy O'Brien (hamstring), Brad Rusin (calf) and Jay DeMerit (ruptured Achilles tendon.)

Knighton was critical of his play after Saturday's 4-3 win over New England, but took a different tack after practice Tuesday, noting he has lost only one of four league games he has played this season.

Still, his status as Vancouver's starter — and his future with the club — is in question pending the opening of an international transfer window July 9. Several Danish media outlets have reported that goalkeeper David Ousted, a veteran of Denmark's top league, is ready to join the Whitecaps.

THE CANADIAN PRESS

Manneh suspended

Vancouver's Kekuta Manneh has been banned one game for a collision with New England Revolution goalkeeper Bobby Shuttleworth.

- The Whitecaps will not appeal and Manneh will sit out Wednesday's home game.

NBA Finals. James, Allen resurrect Heat's season

LeBron James shrugged off a poor start to get 32 points, 11 assists and 10 rebounds, Ray Allen hit a three-pointer with 5.2 seconds to play to force overtime and the Miami Heat staved off elimination with a 103-100 victory over the San Antonio Spurs in Game 6 of the NBA Finals on Tuesday night.

James missed nine of his first 12 shots, but scored 16 points in the fourth to rally the Heat from a 10-point deficit. The Heat trailed 94-89 with 28 seconds to play, but James hit a three with 20 seconds to go and Allen drilled another to tie it.

James' layup with 1:43 to play in overtime gave the Heat a 101-100 lead, and Allen added two free throws to force Game 7, which is on Thursday night in Miami. The Spurs had one final chance down 103-100, but Chris Bosh blocked Danny Green's three-pointer from the corner as time expired.

Tim Duncan had 30 points and 17 rebounds in a performance straight out 2003. But he was scoreless in the fourth and overtime and the Spurs squandered a golden opportunity to close out the series and win their fifth championship.

THE ASSOCIATED PRESS

Miami's Ray Allen tied Game 6 on a three-pointer with 5.2 seconds left in regulation. GETTY IMAGES

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Wise customers read the fine print: •, *, ‡, § The Chrysler 200 Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after June 1, 2013. Offers subject to change and may be extended without notice. All pricing includes freight ($1,595–$1,695) and excludes licence, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Dealer order/trade may be necessary. Dealer may sell for less. •$16,998 Purchase Price applies to 2013 Chrysler 200 LX (24H) only and includes $3,600 Consumer Cash Discount. *Consumer Cash Discounts are offered on select 2012/2013 vehicles, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your dealer for complete details. ‡3.99% purchase financing for up to 96 months available on the new 2013 Chrysler 200 LX (24H) model to qualified customers on approved credit through Royal Bank of Canada and Scotiabank. Example: 2013 Chrysler 200 LX (24H) with a Purchase Price of $16,998 (including applicable Consumer Cash Discount) financed at 3.99% over 96 months with $0 down payment, equals 208 bi-weekly payments of $96 with a cost of borrowing of $2,870 and a total obligation of $19,868. §2013 Chrysler 200 S shown. Price including applicable Consumer Cash Discount: $26,895. ◆Based on R. L. Polk Canada Inc. sales data. Calendar year to date retail vehicle registrations. ¥Based on 2013 *Ward's* Upper Middle Sedan segmentation. ¤Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. 2013 Chrysler 200 LX – Hwy: 6.8 L/100 km (42 MPG) and City: 9.9 L/100 km (29 MPG). ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.

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The lavish 2014 Lexus IS

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Lexus IS

- **Type.** Four-door, rear- /all-wheel-drive entry-luxury compact sedan
- **Engines (hp).** 2.5-litre DOHC V6 (204); 3.6-litre DOHC V6 (306)
- **Transmissions.** Six-speed automatic; eight-speed automatic (IS 350, RWD)
- **Base price (incl. destination)** $38,000

Design

The latest IS has sharpened its demeanor. In front, the car exhibits a hunkered-down stance, aided by a more aggressive nose and what Lexus calls its "spindle" grille that sticks out from the crowd. Also visible is more defining side sculpting extending along the lower body plus an integrated rear deck spoiler.

The 350 gets an eight-speed automatic transmission

Fuel economy

As expected, fuel economy for the base IS 250 should remain virtually constant at 9.5 l/100 km in the city and 6.5 on the highway and 10.5/7.3 for the IS 350 (all take premium fuel).

Engine

If you're familiar with the previous IS drivetrains, you can skip the next sentence. The IS 250 keeps its 2.5-litre V6 with 204 horsepower and 185 pound-feet of torque, while the IS 350 continues with 306 horsepower and 277 pound-feet of torque emanating from a 3.5-litre V6. Both are carry overs.

Review. OK, no more Mr. Nice Guy; Toyota's luxury brand is here to take down the big guns

MALCOLM GUNN
wheelbasemedia.com

The 2014 IS remains the class rebel of the Lexus fleet, which is great news for those who derive their driving kicks from compact luxury cars that are fleet of foot, strong of character and provide power to either the rear or all four wheels.

The main reason for the IS's existence is to bait BMW 3-series, Audi A4 and Mercedes-Benz C-Class fans into switching teams. Toyota's premium division has learned plenty from its previous two IS generations and now appears to be an even stronger contender with the new-for-2014 version.

The IS, with its 20 per cent stiffer platform, has grown nearly nine centimetres in length, with seven more centimetres between the front and rear wheels, while width and height increase only slightly. Rear-seat riders now benefit with a bit more leg and hip room, which was a drawback on the previous IS.

All passengers will appreciate the more modern-looking cabin that is neatly trimmed out with more centralized controls, touch-sensitive switches and a console-mounted cursor-type knob for selecting various infotainment choices.

Of particular note is that the back seat is now a 60:40 split-folding affair (doesn't nearly every car already offer this feature?), which increases the car's stowage capacity. The rear and all-wheel-drive IS 250 and all-wheel-drive 350 employ six-speed automatic transmissions. An eight-speed automatic is standard when the rear-wheel-drive IS 350 is selected. All-wheel-drive, which is a $3,800 option, splits the torque 50:50 (front/rear) in normal driving situations, but will transfer up to 70 per cent to the rear when wheel slippage is detected.

The IS has Drive Mode Select throttle and transmission programming, with ECO, NORMAL and SPORT S modes for rear-wheel-drive models, plus a SNOW mode for AWD-equipped cars. Additionally, the returning F SPORT package that's optional on all IS 250 and 350 cars also has a SPORT S+ setting that firms up the suspension for more aggressive driving.

The cabin interior is modern, subtle and equipped with an infotainment knob

With an estimated starting price of about $38,000 for the 250 and $48,000 for the 350, including destination charges, the Lexus duo offers an array of standard equipment, but most buyers will likely opt for one or more of the option groups that upgrade the car to full-on luxury status. They include, among others, a navigation system with backup camera, premium Mark Levinson-brand audio package, heated and cooled seats and a wood-trimmed interior.

Make no mistake, the 2014 IS is now more of a match for the competition. It also strengthens Lexus's position as a purveyor of vehicles with plenty of passion along with prestige.

Compare

1 BMW 3-series
Base price: $37,400

2 Cadillac ATS
Base price: $34,000

3 Audi A4
Base price: $34,000

5 DRIVE

Say no to nonsense and yes to Acura MDX

Second gear.
2007-2013 Acura MDX

JUSTIN PRITCHARD
drive@metronews.ca

HANDOUT

The last-generation MDX was commonly sought out by Canadian shoppers as an alternative to pricier Japanese and German premium crossover models. With an eye for performance and Acura's proven reputation for reliable, nonsense-free operation, the MDX has been serving countless happy Canadian families for years.

Available feature content for this seven-passenger posh-ute included adaptive cruise control, blind spot monitoring and an active damper system, which allowed the MDX's suspension to be set between Comfort or Sport modes, depending on driver intention. A power tailgate, rear-view camera, premium stereo system and navigation were available as well.

Common issues

Some issues have been reported relating to the power seats, the memory and heating function of said seats, the navigation and climate control systems and the power tailgate — so be sure to double check for proper operation of all of these systems. A chattering or binding sensation from the rear end when cornering sharply at low speeds could indicate worn out clutches or contaminated fluid within the SH-AWD system. Some owners have reported consuming large amounts of oil between changes on newer models, possibly as a result of lower-viscosity engine oil being specified to help save fuel. Check the condition and level of the engine oil in the model you're considering. Several owners have reported replacement of the transmission's torque converter, usually under warranty. Symptoms of a bad torque converter could include very hard shifting or "slippage" during shifting.

What owners like

Most MDX owners agree that their machines blend comfort and fun-to-drive dynamics nicely, and also comment positively on the stereo, functional interior and overall performance. Smooth powertrain performance and all-weather confidence round out the package.

What owners dislike

Complaints include poor rearward visibility, higher-than-expected levels of wind noise at speed and the lack of Bluetooth and USB connectivity as standard equipment.

Engine

All models got a 3.7 litre V6 with 300 horsepower, an automatic transmission and Super Handling All Wheel Drive (SH-AWD).

The verdict

For the most part, only minor electronics problems have been reported, and fairly infrequently. If service records and a pre-purchase inspection check out, MDX is a model that can be bought with confidence.

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2013 Civic DX

MODEL SHOWN: FB2E2DEX

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bi-weekly for 60 months.
MSRP** $16,935 includes freight & PDI.

CIVIC£ 15 The best selling car in Canada for 15 years running.

2013 Accord LX

MODEL SHOWN: CR2E3DE

Lease for **$142*** 3.99% APR‡ **$0 down**

bi-weekly for 60 months.
MSRP** $25,630 includes freight & PDI.

†† Canadian Car of the Year

2013 Fit DX

MODEL SHOWN: GE8G2DEX

Lease for **$89**¥ 2.99% APR† **$0 down**

bi-weekly for 60 months.
MSRP** $16,075 includes freight & PDI.

2013 IIHS TOP SAFETY PICK## 2013 IIHS Top Safety Pick

bchonda.com

HONDA

ΩLimited time lease offer based on a new 2013 Civic DX 5MT model FB2E2DEX. €2.99% lease APR for 60 months O.A.C. Bi-weekly payment, including freight and PDI, is $89.49. Downpayment of $0.00, first bi-weekly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $11,633.70. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometer. *Limited time lease offer based on a new 2013 Accord LX MT model CR2E3DE. ‡3.99% lease APR for 60 months O.A.C. Bi-weekly payment, including freight and PDI, is $142.28. Downpayment of $0.00, first bi-weekly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $18,496.40. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometer. ¥Limited time lease offer based on a new 2013 Fit DX MT model GE8G2DEX. †2.99% lease APR for 60 months O.A.C. Bi-weekly payment, including freight and PDI, is $89.49. Downpayment of $0.00, first bi-weekly payment, environmental fees and $0 security deposit due at lease inception. Total lease obligation is $11,633.70. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometer. £Civic is the #1 selling passenger car in Canada 15 years running based on the December 2012 sales results. †† For more information about the AJAC Canadian Car of the Year awards, visit www.ajac.ca/web/ccoty ## For more information about the 2013 IIHS Top Safety Picks, visit http://www.iihs.org/RATINGS/tsp_current.aspx**MSRP is $16,935 / $25,630 / $16,075 including freight and PDI of $1,495 / $1,640 / $1,495 based on a new 2013 Civic DX 5MT model FB2E2DEX / 2013 Accord LX MT model CR2E3DE / 2013 Fit DX MT model GE8G2DEX. PPSA, license, insurance, taxes, and other dealer charges are extra and may be required at the time of purchase. #/*/Ω/€/¥/†/**/£/##/†† Offers valid from June 1st to June 30th, 2013 at participating Honda retailers. Dealer may sell for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

Engineers worked for a year to tune the redesigned Kia Rondo's suspension. JIL MCINTOSH

Back it up like a Tonka truck and tune it like a guitar — the suspension, that is

Driving force. Kia's engineers know it's a lengthy process to make sure their vehicles' suspension is just right

JIL MCINTOSH
drive@metronews.ca

Vehicles have specific "rides," depending on what they are: a family sedan will ride smoother than a sports car's harsher suspension, for example, but its steering won't be as firm.

These characteristics are achieved through a procedure called suspension tuning. "The rubber bushings, shocks, springs, stabilizer bars and tires can all be tuned to reach a specific target," says Vu Banh, ride and handling senior engineer at the Hyundai-Kia America Technical Center in California. "Depending on what's desired, if it's ride comfort or sporty handling, you can adjust these parts to reach that goal."

It takes about a year to do the job, which begins when engineers receive the first prototype of a new model. "We start tuning and get a rough setting for that one," Banh says. "Then we get another vehicle that's closer to the production car, and we'll put those (prototype) settings in, fix any issues, make more adjustments and continue refining as much as we can."

Computers are used extensively in vehicle design, but they're not as useful in suspension tuning, because they can't accurately simulate rubber. Tuning is a painstaking process of making adjustments and then driving the car to see how it feels, over and over again.

How it's done depends on the part. Shock absorbers contain hydraulic oil, and if internal valves are adjusted to different oil flow, the shocks become firmer or softer. Engineers can use soft or hard rubber bushings, or different types of springs to achieve various results.

Even the tires become part of the process.

"If we come up with a new shock setting, for instance, we'll possibly (use) a new tire," Banh says. "Then we'll work around that, going back and forth with the shock tuning until it meets the target. There's always a compromise, because if you want sporty handling, your ride comfort degrades. We have to assign the best balance."

Many new cars now have electric power steering, which uses a motor in the steering column. Unlike hydraulic systems, which use pumps to regulate fluid flow, the motor can be tuned electronically. Engineers dial in the steering for more assist at lower speeds, such as when manoeuvring in parking lots, and less at higher speeds for easier control on the highway.

They also aim for good "on-centre feel," where the car stays straight without the need for constant steering wheel correction.

To note

- **Twitchy.** Cars with extremely direct steering are called "twitchy," which can be fun in a sports car but is undesirable in a family sedan.
- **Save cash.** Electric power steering improves fuel economy and doesn't require petroleum-based fluid as hydraulic systems do.
- **Wheels.** Tires can radically alter a car's ride, depending on their size and construction.

Tuned in

"Depending on what's desired, if it's ride comfort or sporty handling, you can adjust these parts to reach that goal."

Vu Banh, ride and handling senior engineer at Hyundai-Kia America Technical Center. On what tuning different parts of a vehicle can achieve

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© 2013 smart Canada, a Division of Mercedes-Benz Canada Inc. Vehicle shown is the smart fortwo passion cabriolet with optional equipment at an extra cost. [1]Total price is based on a smart fortwo passion cabriolet, National MSRP of $20,500. Total price of $22,560 include charges of $2,010, consisting of freight/PDI of $1,395, dealer admin fee of $495, air-conditioning levy of $100, PPSA up to $50.48 and a $20.00 fee covering ENF tires, filters and batteries (taxes are extra). [2]Lease offer based on a new 2013 smart fortwo passion cabriolet available only through Mercedes-Benz Financial Services on approved credit, for a limited time. Lease example is based on a 36-month term and a lease APR of 1.9%. Monthly payment is $206 (excluding taxes) with 12,000 km/year allowance ($0.20/km for excess kilometers applies). Due on delivery is down payment, plus first month payment (plus taxes), and security deposit, for a total of $2,750. Total obligation is $9,656. Vehicle license, insurance, and registration are extra. Dealer may lease or finance for less. Offer ends June 30, 2013.

Parts Department

WHEELBASE MEDIA

Licensed for fun

On long trips it can be difficult to keep the youngsters (and even some of the oldsters) amused, especially when travelling without the benefit of video or electronic devices. The U.S.A. License Plate Game from Melissa & Doug toys is an easy, yet fun geography lesson: you simply record all of the plates that you or your kids spot along the highway by flipping over the miniature plate tiles featured for all 50 states (sorry, no Canadian provinces). The playing board measures 35 by 25 centimetres and the best part, perhaps, is that there are no loose parts to fall beneath the seats and there are no batteries to replace. It sells for $20 US and can be ordered from melissaanddoug.com.

Catch a Guppie today

Of all the different knives available from the Columbia River Knife & Tool Company, the Guppie has to be the most functional and would be the handiest to keep in your vehicle. Along with a five-centimetre stainless-steel blade, the Guppie 9070 functions as a light-emitting-diode (LED) flashlight, adjustable wrench (up to half an inch), bottle and can opener and includes two different sizes of detachable flat blade and phillips-head drivers. The Guppie's built-in clip also allows the user to attach it to their pants or shirt pocket and it doubles as a money clip. The Guppie sells for $45 US and can be purchased at crkt.com/guppie

What's in your garage?

Is that a jet fighter in your garage, or is it a boat, horse or anything else that suits your fancy? In fact, it can be almost anything you want it to be when you choose a mural from style-your-garage.com. This Germany-based company specializes in dressing up boring, single or double-sized garage doors with a variety of images from the company's gallery. However you can also submit your own images to be used in the same fashion. Each one is made of "indestructible" material that attaches to wood or metal doors with self-adhesive Velcro fasteners and should take you and a buddy between 30 and 60 minutes to put up. Prices start at about $220 US for single doors and $375 US for double doors. Visit at style-your-garage.com.

A free owners' manual

It can be annoying to misplace your owner's manual, or purchase a vehicle that's missing this document. Fortunately there's a good samaritan out there who can help out. He (or she) has made available downloadable copies of manuals for many makes and models, in some cases going back as far as the early 1990s (more than 2,000 in total). Included on the list are manufacturers like General Motors, Ford, Chrysler, Acura/Honda, Toyota and Volvo. Obviously that still leaves gaps in the collection, but with the assistance from members of the public the variety of manuals is growing daily. The best part of all is that you pay absolutely nothing for this service. Visit justgivemethedamnmanual.com

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Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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- Proficient in Microsoft Office applications
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- Strong verbal and written communication skills
- Proven track record in profitable selling

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PLEASE QUOTE: "Sales Representative – Vancouver" in the subject line.
All submissions will be treated as confidential.

metro

Small is the new big

Nissan Motor Co. Chief Operating Officer Toshiyuki Shiga poses in front of its compact car Dayz during a press conference in Tokyo. Japanese automakers Nissan and Mitsubishi are joining forces to grab a bigger share of the country's lucrative market for tiny cars, now dominated by their rivals. The new model, which went on sale this month as Dayz for Nissan Motor Co. and eK Wagon for Mitsubishi Motors Corp., marks the first time Nissan has been involved from start to finish in minicar development. AP PHOTO/KOJI SASAHARA

With prices this small, open the door to summer.

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Das Auto.

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*Limited time finance purchase offer available through Volkswagen Finance, on approved credit. Base MSRP of $16,385/$26,600 for a new 2013 Jetta 2.0L / 2013 Tiguan 2.0T base model with 5/6-speed manual transmission, including $1,395/$1,610 freight and PDI, financed at 1.9%/2.9% APR for 84 months equals 182 bi-weekly payments of $97/$162. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $1,127/$2,824 for a total obligation of $17,512/$29,424. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell for less. Dealer order/trade may be necessary. Offers end July 2, 2013 and are subject to change or cancellation without notice. Models shown: 2013 Jetta 2.5L Highline / Tiguan 2.0T Highline R-Line, with options and accessories, $25,985/$42,985. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. © 2013 Volkswagen Canada.

Horoscopes

♈ Aries
March 21 - April 20
Create something wonderful today. This can be one of the most productive times of the year for you, so get serious and get busy working on something that makes your world, and the world at large, a better place.

♉ Taurus
April 21 - May 21
Whatever problems you may have with a relationship, you won't work it out by trying to force the other person to conform to your way of thinking. Try seeing things from their point of view .

♊ Gemini
May 22 - June 21
The Sun's link to Jupiter in your sign today will help you to express yourself freely. It will also help you to get over some kind of falling out you had with a loved one.

♋ Cancer
June 22 - July 23
Focus on the realities of your everyday situation and avoid any and all forms of wishful thinking. Above all, don't let others' negativity blind you. Life is a garden of delights but too few people see it that way.

♌ Leo
July 24 - Aug. 23
You will come out on top today, especially if you focus on things you are good at, things you really enjoy. You will enjoy them more if some people say you should not be doing them.

♍ Virgo
Aug. 24 - Sept. 23
Moderation is a must today, especially if you are one of those Virgos who tends to get carried away when they find something they really enjoy.

♎ Libra
Sept. 24 - Oct. 23
The Sun close to Jupiter in one of the best areas of your chart means you will have a thoroughly good day. Do a bit of travelling, even if it's only to the corner store and back.

♏ Scorpio
Oct. 24 - Nov. 22
Your taste for the good things in life could lead to you spend too much today but in the greater scheme of things, it's no big deal. Retail therapy could in fact be just what you need to cheer you up.

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter, your ruler, links with the Sun in the partnership area of your chart today, making it easier for you to compromise with people you don't always see eye-to-eye with. Don't compromise too much though.

♑ Capricorn
Dec. 22 - Jan. 20
Don't limit the goods deeds you do to people you know. Help those you encounter in daily life too, even if they are total strangers. Your generosity will have a knock-on affect that touches so many lives.

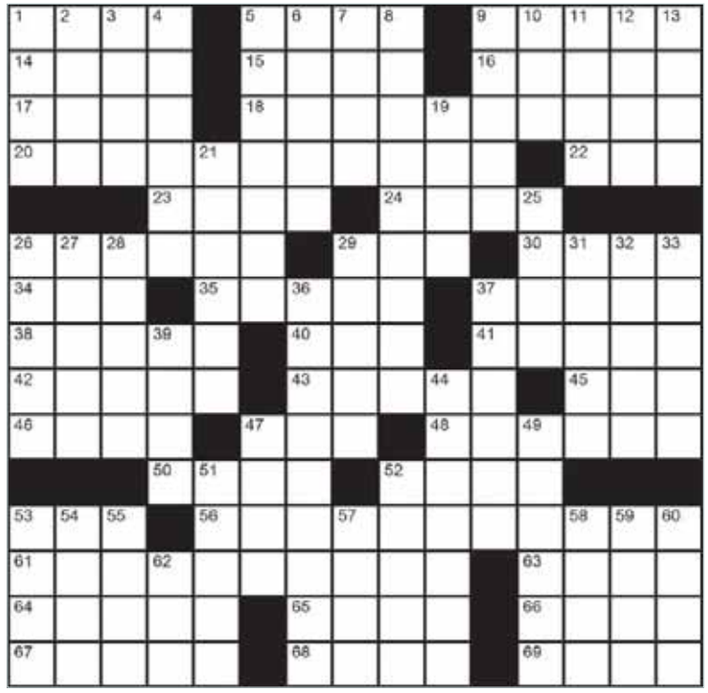
♒ Aquarius
Jan. 21 - Feb. 19
Life is good and getting better by the hour, the day, the minute. Creatively and romantically you are in such a positive mood that you attract people and situations that bring thrills aplenty. Lucky you.

♓ Pisces
Feb. 20 - March 20
At home and work, people will want to do things for you today, and if you are smart you will let them. You'll feel good about it, they'll feel good about it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

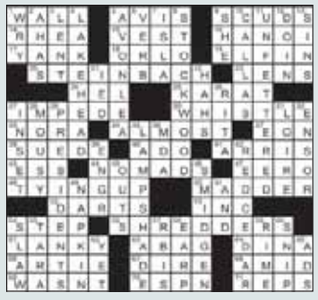
BY KELLY ANN BUCHANAN



Across
1. Not hungry anymore
5. Bully in "Back to the Future" (1985)
9. University in St. Catharines, ON
14. Moulding type
15. Crown for Carrie
16. Adversary
17. Actor Mr. Bates
18. Driveway emporium: 2 wds.
20. Summertime in The Arctic: Land of the __: 2 wds.
22. Author, Harper __
23. Early afternoon, __ 'clock
24. Letters before :// www
26. Uses a charge card
29. Speech-maker's stumbles
30. God
34. That guy
35. "__ __ humid out." (Weather complaint)
37. Less
38. Go __ for the ride
40. Bathroom feature
41. Employee's request
42. "I also want that!": 2 wds.
43. Director Mr. Hallstrom
45. Thwarter's word
46. Eve's environment
47. Mr. Bachman
48. Nova Scotia attraction, __ Cove
50. Hawaiian island
52. Roadie's gig
53. Surnamesakes of Canadian actress Sandra
56. Social event open to the public that's hosted annually by the Lieutenant Governor of Nova Scotia: 2 wds.
61. What convenience stores are called in Quebec
63. Canadian __ (Chain store)
64. Canadian rapper/actor
65. Roman emperor
66. David Bowie's supermodel wife
67. Actress Ms. Rue's
68. Czar's other spelling
69. Snake sorts

Down
1. Fizz
2. Sort of fruit
3. Guide
4. McCartney's co-songwriter
5. Larger than the rest
6. American state
7. __ Simpson, NWT
8. Sudden shows-in-public-places groups: 2 wds.
9. Actor Mr. Spiner
10. '_' __ for Regina
11. Long circle
12. Singer/songwriter JJ
13. Emily Carr book, __ Wyck
19. Gumption
21. Canadian bookstore
25. Request
26. Disgrace
27. Stacked
28. Play it up in theatre
29. Regular
31. Behind, as per debt
32. Articulate again
33. Squirrel nests
36. Louis __. __ (Canada's 12th PM, from 1948 to 1957)
37. Make available: 2 wds.
39. Faux pas
44. Support a walk-a-thon
47. Larger __ life
49. Canadian coins: D.G. Regina = Dei __ Regina (By the grace of God, the Queen)
51. Meg Tilly flick, "__ of God" (1985)
52. Earth
53. "Someone Who's Cool" band from Vancouver
54. Greek Myth: Olympian queen
55. Fight
57. Club member fees
58. Eyeglasses parts
59. Catch
60. Cravings
62. Alias acronym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		7		3		8	
	6	8				1	3	
3								5
		1	2	7	9	8		
		2	3	4	1	6		
9								6
	1	4				7	2	
	8		1		5		9	

Yesterday's Sudoku

4	7	1	6	9	3	8	5	2
8	9	6	5	2	1	3	4	7
2	5	3	4	8	7	6	1	9
1	8	4	7	6	2	9	3	5
6	2	9	3	5	8	1	7	4
5	3	7	1	4	9	2	8	6
7	6	2	8	3	5	4	9	1
9	1	8	2	7	4	5	6	3
3	4	5	9	1	6	7	2	8

Share your Oreo moment and WIN
Share your Oreo moment by uploading your photo on clubmetro.com and you could win an ultimate One Direction and Oreo prize pack, including:
• 2 tickets to the sold-out One Direction Vancouver show on July 27
• Six bags of Oreo cookies
• Exclusive Oreo merchandise
• One Direction Take Me Home CD, band poster and other fun swag to get you concert ready
ONE DIRECTION
For a chance to win, simply show us how you love to eat your Oreo – do you twist, lick or dunk?
1D ONE DIRECTION
OREO
club metro
No purchase necessary. Contest open to residents of Ontario and British Columbia who have reached the age of majority. Odds of winning depend on the number of eligible entries received. Six (6) prizes will be awarded, three (3) to Ontario residents and three (3) to British Columbia residents, each consisting of two (2) tickets to see One Direction in concert; one (1) bag of limited edition One Direction OREO Cookies autographed by One Direction; six (6) bags of OREO cookies; exclusive OREO merchandise; One Direction's "Take Me Home" CD and a One Direction band poster. Approximate retail value of each prize is $300 CDN. Skill testing question required. Contest opens Monday, June 17th, 2013 at 12:01 AM ET and closes Friday, June 21st, 2013 at 11:59 PM ET. To enter and for complete contest rules visit www.clubmetro.com.

HYUNDAI

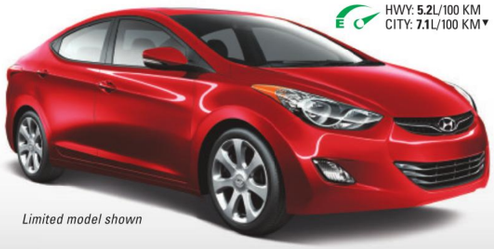
30 —YEARS IN CANADA— SALES EVENT

0%† FINANCING FOR UP TO 96 MONTHS

ON SELECT MODELS

OR GET UP TO $10,000 IN PRICE ADJUSTMENTSΩ

CELEBRATE WITH OUR LOWEST PAYMENTS OF THE YEAR



HWY: 5.2L/100 KM
CITY: 7.1L/100 KM▼

Limited model shown

2013 ELANTRA L

INCLUDES: 6 AIRBAGS • iPOD®/USB/AUXILIARY INPUT JACKS • POWER WINDOWS & DOOR LOCKS • ABS WITH TRACTION CONTROL SYSTEM • DUAL HEATED POWER EXTERIOR MIRRORS

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

OWN IT FOR $77 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS | SELLING PRICE: $15,944♦ ELANTRA L 6-SPEED MANUAL. $1,500 PRICE ADJUSTMENTΩ, DELIVERY & DESTINATION INCLUDED. | INCLUDES $1,500 IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

HWY: 5.6L/100 KM
CITY: 8.7L/100 KM▼

Limited model shown

EQUIPPED WITH SUNROOF AND 16" ALLOY WHEELS

2013 SONATA GLS

INCLUDES: AIR CONDITIONING • HEATED FRONT/REAR SEATS • AUXILIARY MP3/USB/iPOD® INPUT • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • POWER SUNROOF

★★★★★ AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING† U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

OWN IT FOR $128 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS | SELLING PRICE: $26,564♦ SONATA GLS AUTO. $1,000 PRICE ADJUSTMENTΩ, DELIVERY & DESTINATION INCLUDED. | INCLUDES $1,000 IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

HWY: 7.7L/100 KM
CITY: 10.4L/100 KM▼

Limited model shown

2013 TUCSON L

INCLUDES: AIR CONDITIONING • EZ LANE CHANGE ASSIST • DOWNHILL BRAKE CONTROL AND HILLSTART ASSIST • REAR SPOILER • iPOD®/USB/MP3 AUXILIARY INPUT JACKS

OWN IT FOR $99 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS | SELLING PRICE: $20,509♦ TUCSON L 5-SPEED MANUAL. $1,250 PRICE ADJUSTMENTΩ, DELIVERY & DESTINATION INCLUDED. | INCLUDES $1,250 IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

HWY: 6.7L/100 KM
CITY: 10.1L/100 KM▼

Limited model shown

2013 SANTA FE 2.4L FWD

INCLUDES: SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • VEHICLE STABILITY MANAGEMENT W/ESC & TRACTION CONTROL SYSTEM • HEATED FRONT SEATS • FOG LIGHTS • ACTIVE ECO SYSTEM

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

OWN IT FOR $148 BI-WEEKLY | WITH 1.99%† FINANCING FOR 96 MONTHS | SELLING PRICE: $28,259♦ SANTA FE 2.4L FWD AUTO. DELIVERY & DESTINATION INCLUDED.

NO MONEY DOWN

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Elantra L 6-Speed Manual/Sonata GLS Auto/Tucson L 5-Speed Manual/Santa Fe 2.4L FWD Auto with an annual finance rate of 0%/0%/0%/1.99% for 96 months. Bi-weekly payments are $77/$128/$99/$148. No down payment required. Cost of Borrowing is $0/$0/$0/$2,333. Finance offers include Delivery and Destination of $1,495/$1,565/$1,760/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Elantra L 6-Speed Manual for $15,944 (includes $1,500 price adjustment) at 0% per annum equals $77 bi-weekly for 96 months for a total obligation of $15,944. Cash price is $15,944. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,495. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. ▼Fuel consumption for 2013 Elantra Sedan L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/Sonata GLS Auto (HWY 5.6L/100KM; City 8.7L/100KM)/Tucson L 5-Speed Manual (HWY 7.7L/100KM; City 10.4L/100KM)/Santa Fe 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦Price of models shown: 2013 Elantra Limited/Sonata Limited/Tucson Limited AWD/Santa Fe 2.0T Limited AWD are $24,794/$30,564/$34,109/$40,259. Prices include Delivery and Destination charges of $1,495/$1,565/$1,760/$1,760. Registration, insurance, PPSA, fees, levies, charges, license fees and all applicable taxes are excluded. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $1,500/$1,000/$1,250 available on 2013 Elantra L 6-Speed Manual/Sonata GLS Auto/Tucson L 5-Speed Manual. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). †Ω♦Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Jim Pattison Hyundai Northshore
855 Automall Dr.
North Vancouver, 604-985-0055
D#6700

Murray Hyundai White Rock
3150 King George Highway
Surrey, 604-538-7022
D#30780

OpenRoad Hyundai
13171 Smallwood Place
Richmond, 604-606-9033
D#28516

Maple Ridge Hyundai
23213 Lougheed Highway
Maple Ridge, 604-467-3401
D#7356

Jim Pattison Hyundai Port Coquitlam
Unit B - 2385 Ottawa St.
Port Coquitlam, 604-552-1700
D#30242

Abbotsford Hyundai
30250 Automall Dr.
Abbotsford, 604-857-2622
D#9390

Langley Hyundai
19459 Langley Bypass
Surrey, 604-539-8549
D#30331

Mertin Hyundai
45753 Yale Rd.
Chilliwack, 604-702-1000
D#30337

Jim Pattison Hyundai Surrey
15365 Guildford Drive
North Surrey, 604-582-8118
D#10977

Destination Hyundai
445 Kingsway
Vancouver, 604-292-8188
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PRICES SO GOOD

WE ARE PROUD TO SHOW THEM!

HERE ARE SOME EXAMPLES OF THE INCREDIBLE VALUE

TOWER 2

UNIT	VIEW	AREA	PLAN	TYPE	PRICE	MONTHLY
103	N	506	A3b	1 BR+FLEX	$240,900	$896
107	SW	756	B8	2 BR+FLEX	$399,900	$1,487
202	N	506	A3b	1 BR+FLEX	$242,900	$903
205	E	620	B10	2 BR	$320,900	$1,193
207	SW	756	B8	2 BR+FLEX	$389,900	$1,450
507	SE	760	B14a	2 BR+FLEX	$389,900	$1,450
653	N	506	A3b	1 BR+FLEX	$248,900	$926
752	NW	577	A6	1 BR+FLEX	$279,900	$1,041
853	N	506	A3b	1 BR+FLEX	$252,900	$940
855	E	454	A5	1 BR+FLEX	$232,900	$866
953	N	506	A3b	1 BR+FLEX	$254,900	$948
954	NE	584	A6	1 BR+FLEX	$283,900	$1,056
1057	E	635	A12	1 BR+D+FLEX	$333,900	$1,242

UNIT	VIEW	AREA	PLAN	TYPE	PRICE	MONTHLY
1059	S	517	A3a	1 BR+FLEX	$251,900	$937
1505	E	454	A5	1 BR+FLEX	$242,900	$903
2110	W	481	A1b	1 BR+FLEX	$266,900	$902
2208	S	513	A3a	1 BR+FLEX	$274,900	$1,022
2310	W	481	A1b	1 BR+FLEX	$270,900	$1,007
2603	N	506	A3b	1 BR+FLEX	$286,900	$1,067
2809	SW	646	B1a	2 BR	$388,900	$1,446
3005	E	454	A5	1 BR+FLEX	$278,900	$1,037
3009	SW	646	B1a	2 BR	$399,900	$1,487
3102	NW	879	C7	2 BR+FLEX	$549,900	$2,045
3204	E	650	C4	2 BR	$394,900	$1,468
PH3	NE	788	C8	2 BR	$542,900	$2,119

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